

the

MIRACLE MORNING

THE NOT-SO-OBVIOUS SECRET GUARANTEED TO TRANSFORM YOUR LIFE
BEFORE 8AM



JOURNAL

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JOURNAL

(Sample)

**“The only thing I regret about journaling
is that I waited so long to start.”**

—HAL ELROD

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This Miracle Morning JOURNAL Belongs

Name _____

Address _____

Phone _____

Fax _____

Email _____

My Miracle Morning JOURNAL Pledge:

I, _____ commit to writing in my Miracle Morning™ Journal each day because I know that doing so will provide me with enhanced clarity, heightened self-awareness, and an increased level of commitment to the goals, dreams, and miracles that I want to create for my life. If I miss a day (because I'm not always perfect and life throws curveballs at me sometimes), I promise to go back the following day and recall the significant events, lessons, and all that I'm grateful for, to complete my journal entry. I believe that I am just as worthy, capable and deserving of extraordinary health, happiness, wealth and success as any other person on earth, and from this day forward I will live in alignment with that truth.

Signature: _____ Date: _____

— SPECIAL INVITATION —

The Miracle Morning Community

Readers and practitioners of *The Miracle Morning* have co-created an extraordinary community consisting of 200,000+ like-minded individuals, from around the world, who wake up each day *with purpose* and support each other in fulfilling the unlimited potential that is within each of us.

As the creator and author of *The Miracle Morning*, I felt that I had a responsibility to create an online community where readers could come together to connect, support each other, share best practices, learn from one another, discuss the book, post videos, find an accountability partner, and even swap smoothie recipes and exercise routines.

However, I had no idea that The Miracle Morning *Community* would become one of the most positive, inspired, supportive, and accountable online communities in the world... but it has. I'm continuously blown away by the caliber and character of our members.

Just go to **www.MyTMMCommunity.com** and request to join *The Miracle Morning Community* on Facebook®. You'll immediately be able to connect with 250,000+ people who are already practicing TMM. While you'll find many who are just beginning their Miracle Morning journey, you'll find even more who have been at it for years, and who will happily share advice, support, and guidance, to accelerate your success.

I'll be moderating the community and checking in regularly, so I look forward to seeing you there! If you'd like to connect with me on social media, you can follow @HalElrod on Twitter and visit [Facebook.com/YoPalHal](https://www.facebook.com/YoPalHal). Please feel free to send me a direct message, leave a comment, or ask me a question. I do my best to answer every single one, so let's connect soon!

— INTRODUCTION —

How To Use Your Miracle Morning Journal

Welcome! Congratulations on beginning the process of investing time each day to document the journey of your life, here in *The Miracle Morning Journal*. The following is a quick overview of how to use your Miracle Journal to maximize its benefits & your results.

Your Miracle Morning Journal uses a daily, weekly, and yearly format, and is dated to keep you accountable to write in it every single day of the year. You'll also find sections to review your progress at the end of each week, halfway through the year, and again at the end of the year, to capitalize on your significant lessons and accomplishments.

√ **Daily:** Increase Your Self-Awareness... Everyday

Start writing in your MM Journal on a daily basis and soon it will become a habit that adds tremendous value to your life and takes little effort. The Miracle Morning journaling process is a proven way to program your conscious and subconscious minds for extraordinary levels success while improving your self-concept immediately, and increasingly over time.

√ **Weekly:** Review, Learn, and Improve... Every Week

There is space in your MM Journal for a Weekly Review, to think back over your week, review your daily journal entries, and acknowledge both your accomplishments as well as any disappointments you may have had. You'll learn from both and become a better version of yourself as a result of your willingness to look honestly at both aspects of yourself and your life.

√ **The Life S.A.V.E.R.S. - Track Your Progress Daily**

If you've read *The Miracle Morning* book then you're well aware of the life-transforming benefits of the *Life S.A.V.E.R.S.™* model for accelerated personal development. In case you have not yet read *The Miracle Morning* book, or in case you could simply use a refresher,

I've included an excerpt of the popular chapter: *Life S.A.V.E.R.S. - Six Practices Guaranteed To Save You From a Life of Unfulfilled Potential*.

The final “S” in the *Life S.A.V.E.R.S.* stands for “Scribing” (my favorite form of which is journaling) and here is where I give additional tips on getting the most out of your Miracle Morning™ journaling process.

√ The 6-Minute Miracle Morning

If you ever feel busy—too busy to do some of the things that you *know* are good for you—you need to read the book excerpt I've also included here in your MM Journal: *The 6-Minute Miracle Morning* to show you how you can accomplish all six of the *Life S.A.V.E.R.S.* in as little as six minutes a day, while still gaining all of the profound benefits of each.

Final Thoughts

Remember, any time you are implementing a new habit, change, or routine, it almost always feels a little uncomfortable. If you are feeling a little anxious or apprehensive about beginning the journaling process, know that it's completely normal. In fact, if you are without apprehension, you may *not* be normal! (I mean that in a good way, of course.)

I'm sure you already know from experience that taking your first step is always the most difficult one to take, and then every step after that become easier and easier. So, take your first step NOW. You can start by reading the *Life S.A.V.E.R.S.*—and discovering the *Six Practices Guaranteed To Save You From a Life of Unfulfilled Potential*. Or you can flip directly to today's date and starting writing in your MM Journal (or both).

Either way, you're about to give yourself the gift of daily journaling, one of the most life-enhancing practices you'll ever experience. Let the miracles begin!

MONTH ONE (Week 1 of 52)

➔**Top Weekly Goals/Commitments** – The top 3-5 goals that I am 100% committed to achieving this week are:

The Life S.A.V.E.R.S. Mark each practice that you complete each day.

- ⇒ **Silence**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Affirmations**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Visualization**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Exercise**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Reading**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Scribing**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S

Monday [] – I am ready and committed to make this my best year yet

Tuesday [] – I love the life I have while I create the life of my dreams

Wednesday [] – I dedicate time to *The Miracle Morning* everyday so that I can become the person I need to be to create the life I truly want & deserve

Thursday [_____] – I am grateful for all that I have, accepting of all that I don’t, and I actively create all that I want

Friday [_____] – Everyone has value to share, so I learn something from everyone

Saturday [_____] – I am giving up the need to be perfect for the opportunity to be authentic

Sunday [_____] – I learn from my mistakes and improve every week

[Weekly Review] What were my accomplishments and disappointments? What commitments will I make NOW to ensure that I improve next week?

MONTH ONE (Week 2 of 52)

➔**Top Weekly Goals/Commitments** – The top 3-5 goals that I am 100% committed to achieving this week are:

The Life S.A.V.E.R.S. Mark each practice that you complete each day.

| | | | | | | | |
|------------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|
| ⇒ Silence | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Affirmations | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Visualization | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Exercise | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Reading | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Scribing | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |

Monday [] – I am exactly where I’m supposed to be to learn what I need to learn, in order to become the person I must be to create the life I want

Tuesday [] – Worry is a misuse of the imagination, so I imagine greatness

Wednesday [] – I am capable of achieving anything I fully commit to

Thursday [] – I strive to make *everyday* the best day of my life, because there is simply no good reason not to

Friday [] – No matter how it started, I’m going to finish the week strong

Saturday [] – I’m grateful for the gift of weekends

Sunday [] – I’m committed to doing what is necessary to make the coming week even better than the last

[Weekly Review] What were my accomplishments and disappointments? What commitments will I make NOW to ensure that I improve next week?

MONTH ONE (Week 3 of 52)

➔**Top Weekly Goals/Commitments** – The top 3-5 goals that I am 100% committed to achieving this week are:

The Life S.A.V.E.R.S. Mark each practice that you complete each day.

| | | | | | | | |
|------------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|
| ⇒ Silence | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Affirmations | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Visualization | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Exercise | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Reading | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |
| ⇒ Scribing | <input type="checkbox"/> M | <input type="checkbox"/> T | <input type="checkbox"/> W | <input type="checkbox"/> Th | <input type="checkbox"/> F | <input type="checkbox"/> S | <input type="checkbox"/> S |

Monday [] – I love the life I have, because it’s the only life I have

Tuesday [] – I accept and am at peace with all things that I can’t change

Wednesday [] – I change everything that I have the power to change

Thursday [_____] – Although others settle for mediocrity, I will not

Friday [_____] – I am just as deserving and capable of success as anyone else

Saturday [_____] – I am destined for greatness—to be precisely as great as I choose to be

Sunday [_____] – My challenges are an opportunity for me to learn & grow

[Weekly Review] What were my accomplishments and disappointments? What commitments will I make NOW to ensure that I improve next week?

MONTH ONE (Week 4 of 52)

➔**Top Weekly Goals/Commitments** – The top 3-5 goals that I am 100% committed to achieving this week are:

The Life S.A.V.E.R.S. Mark each practice that you complete each day.

- ⇒ **Silence**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Affirmations**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Visualization**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Exercise**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Reading**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
- ⇒ **Scribing**..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S

Monday [] – I know that TODAY is the most important day of my life, because it is what I do and who I become today that will determine my future

Tuesday [] – I appreciate and find joy in every moment

Wednesday [] – I wake up everyday *on purpose* to create my life

Thursday [_____] – I know that where I am is a result of who I *was*, but where I go depends entirely on whom I choose to be from this day forward

Friday [_____] – I love my self and others, unconditionally

Saturday [_____] – Everything happens for a reason, but it is my responsibility to choose the most empowering reasons for the events & challenges of my life

Sunday [_____] – I have the ability to change or create anything for my life

[Weekly Review] What were my accomplishments and disappointments? What commitments will I make NOW to ensure that I improve next week?

The Miracle Morning Journal

— ANNUAL REVIEW —

Another miraculous year is behind us! Now is the ideal time to review your Miracle Morning Journal and evaluate your year by answer four simple, but powerful questions. This powerful process (which you already have experience with from doing your 6-MONTH REVIEW) will allow you to gain extraordinary value from last year by increasing your self-awareness, so that you can make adjustments and improvements to ensure that you take every area of your life to the next level this year.

Remember: this exercise is so important that I recommend scheduling a few hours to flip back to your first entry in your Miracle Morning Journal and relive your entire year as you come back to this page to answer the 4 “Best Year Ever” Questions below. Go ahead, and get started now. Of if now is not a good time, please put it in your schedule to do as soon as possible...

Your 4 “Best Year Ever” Questions To Ensure That the Next Year of Your Life Is the BEST Year of Your Life!

4 Questions to make this your Best Year Ever:

Also remember that these four questions are SO valuable, the first time I did this exercise the answers I came up were so impactful that they inspired me to invest an entire weekend reflecting on my answers. (Note: you can answer these questions in 10 minutes or 10 hours, so don't feel like you *have* to spend the whole weekend on them, like I did.)

Here are your four “Best Year Ever” Questions, followed by a few specific action steps you can take in the next few days that will help you ensure that you implement the value you gain from this exercise:

1. What did I accomplish?
2. What were my biggest disappointments?
3. What valuable lessons can I learn from each?
4. What are my “Top 3” Guidelines the coming year?

Q1 – What did I accomplish?

Unfortunately, most of us find it easier and tend to spend more time and energy dwelling on our failures and disappointments than we do acknowledging our successes and accomplishments. But all of us have *both*, and dwelling on our failures and what we ‘didn’t get accomplished’ only discourages us and hurts our self-confidence.

It is only by acknowledging our accomplishments that we improve our self-image, raise our self-esteem, increase our self-confidence and empower ourselves to accomplish more in the future.

The first time I answered this questions, and wrote down as many of my accomplishments as I could think of (big ones & small ones) I got to 42, and the perception I had of the first half of my year started to change. I realized that I wasn't as behind as I had been telling myself I was. I gave myself permission to actually *feel good* about all that I accomplished. In fact, I even closed my eyes, smiled, and said to myself over and over, "You're doing great this year, Hal... You're doing great this year, Hal!" This may sound funny, but it felt so good to simply spend time acknowledging myself for once, for all that I had accomplished! Try it; I think you'll be pleasantly surprised by the results.

[illegible]

Q2 – What were my biggest disappointments?

While it is neither necessary nor particularly healthy to beat ourselves up about our disappointments, it is important and proactive to acknowledge our disappointments so that we can learn from them and let them go. How did we

let ourselves or others down last year? What goals did we fail to achieve? What bad habits did we continue?

Disappointments are a part of life, and we all have them. As long as we learn from our disappointments, we can use them to help us grow and improve so that we don't continue to make the in the future. As you review the first six months of the year, what were your biggest disappointments?

Q3 – What valuable lessons can I learn from each?

One lesson I have implemented that continues to empower me to improve every area of my life is to, *“Learn something from everything.”* When it comes to learning from our ‘accomplishments’ we can take away valuable lessons related to what it was that motivated, inspired, or allowed us to accomplish what we accomplished. As for learning from our disappointments, we can internalize valuable lessons about which thoughts, behaviors, actions, emotions, or habits prompted us to create or to not create that which disappointed us. Usually it is our biggest disappointments that can provide us with our most life-changing lessons.

Q4 – What are my “Top 3” Success Guidelines for the next 6 months?

One you have acknowledged your accomplishments and your disappointments, and you’ve extracted the most valuable, life-enhancing LESSONS from each, what may benefit you the most is choosing your “Top 3” guidelines to keep you on track during the coming year. You can simply copy and paste your 3 most empowering lessons, and post these up somewhere that you will look at them everyday to stay focused on that which will make the biggest impact on improving your life this year and beyond.

Here are the Top 3 Success Guidelines that I came up with:

1. Focus on one project (or task) at a time and complete it, before moving onto the next.
2. Delegate all tasks that don’t compliment my natural gifts and unique areas of brilliance.
3. Make everything I do FUN and done with unconditional LOVE and authentic GRATITUDE.

So, what are your top 3 Success Guidelines for the next 6 months?

1. _____

2. _____

3. _____

Closing Thoughts: Congratulations on completing your first year of documenting your life’s journey in The Miracle Morning JOURNAL. I wish you extraordinary happiness, health, and success in all that you do.

More Miracle Morning Resources

1. Get The Miracle Morning JOURNAL at MiracleMorningJournal.com
2. Join The Miracle Morning Community at MiracleMorningCommunity.com
3. Visit The Miracle Morning Store at MiracleMorningStore.com
4. Listen to Hal’s weekly **Achieve Your Goals** Podcast at HalElrod.com/Podcast